

# ABSTRACT OF THE DISCLOSURE

A compact self-ballasted fluorescent lamp includes a double-spiral arc tube formed by winding a glass tube to its both ends around a spiral axis, and sealing electrodes each having a filament coil at the ends of the glass tube, and a holding member that has a closed bottom and holds the arc tube. The holding member has, at its end wall, insertion openings through which the ends of the glass tube are inserted. The ends of the glass tube are inserted to such positions that enable the filament coils to be positioned within the holding member, and the minimum distance  $L$ , in the insertion direction of the ends of the glass tube, between the filament coil and the edge of the insertion opening of the holding member is 6 mm.

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